

Fig. 1 A

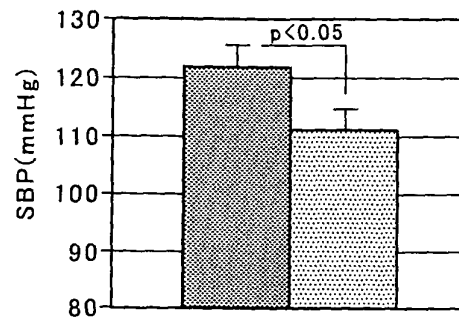


Fig. 1 D

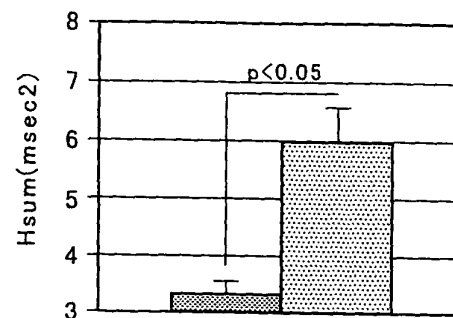


Fig. 1 B

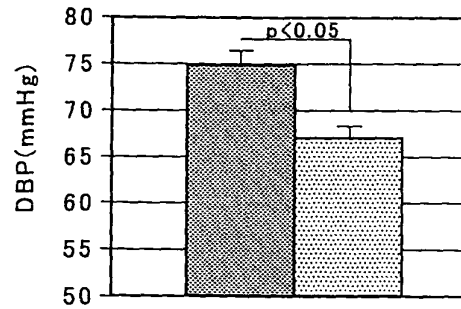


Fig. 1 E

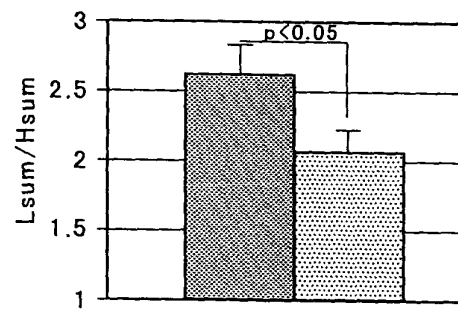


Fig. 1 C

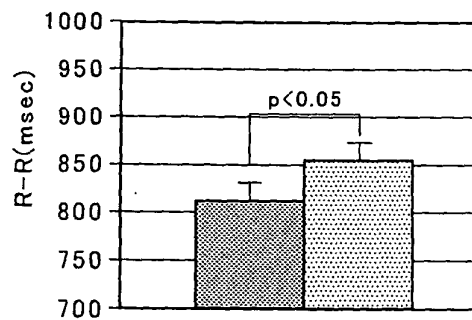
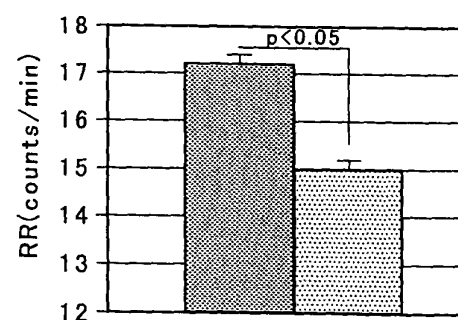


Fig. 1 F



Before inhalation of Cedrol (in rest)
After inhalation of Cedrol

Fig. 2A

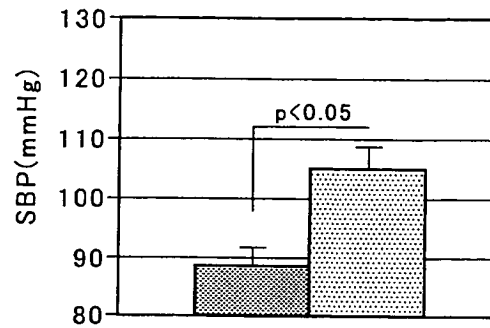


Fig. 2D

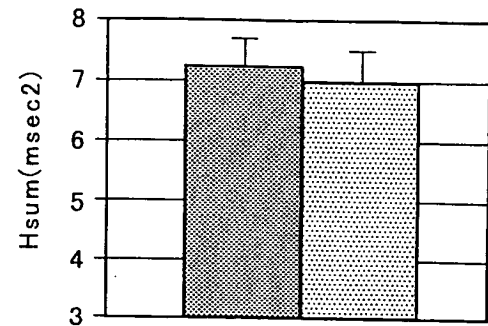


Fig. 2B

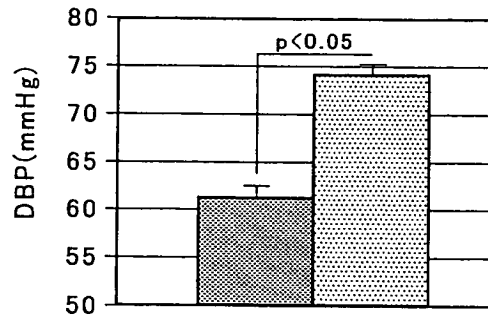


Fig. 2E

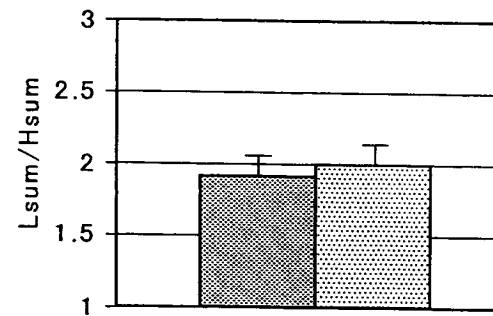


Fig. 2C

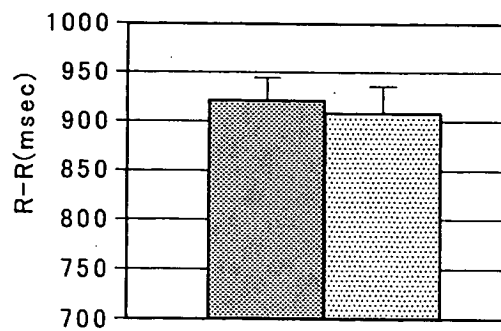
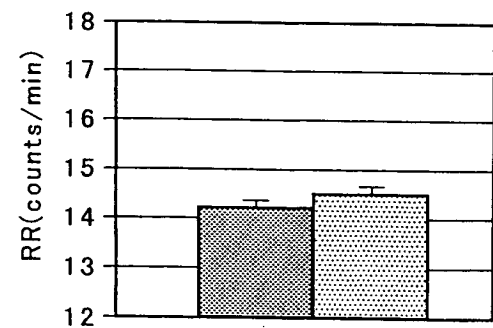


Fig. 2F



Before inhalation of Cedrol (in rest)
After inhalation of Cedrol

Fig. 3A

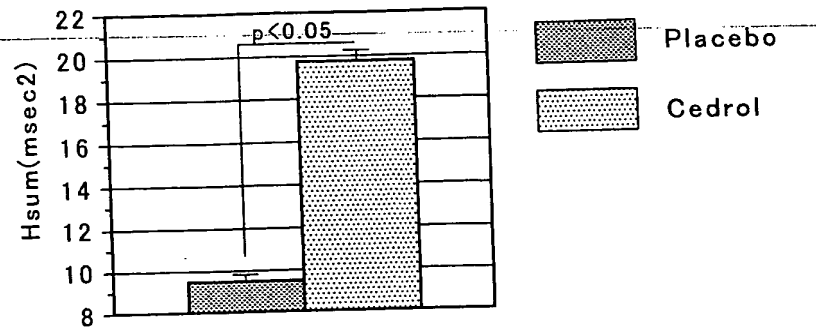
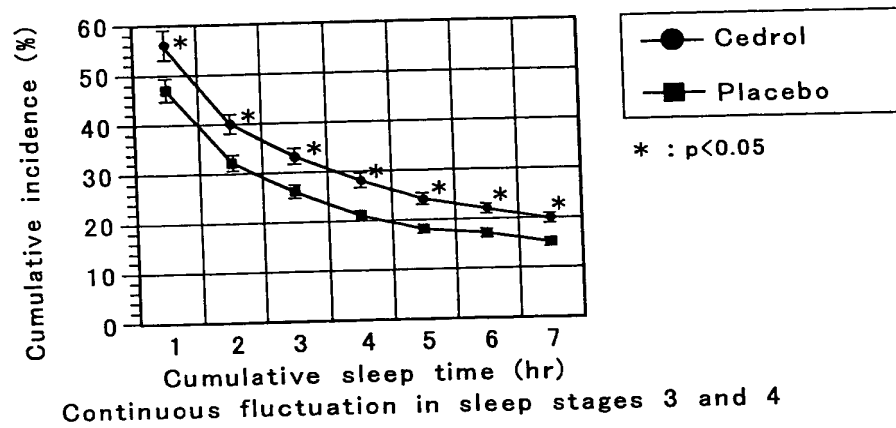


Fig. 3B



Continuous fluctuation in sleep stages 3 and 4

Fig. 3C

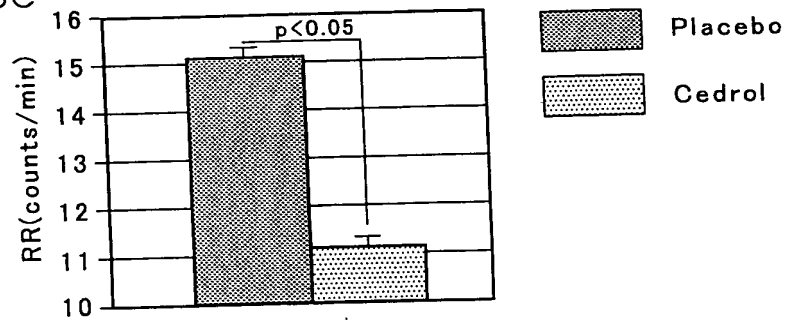


Fig. 3D

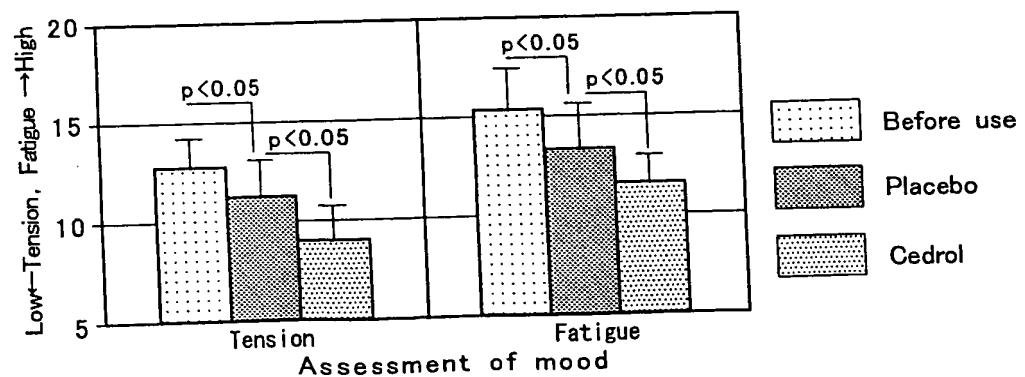


Fig. 4

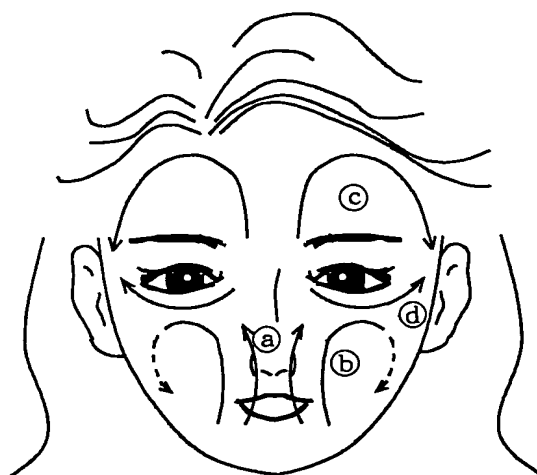


Fig. 5A

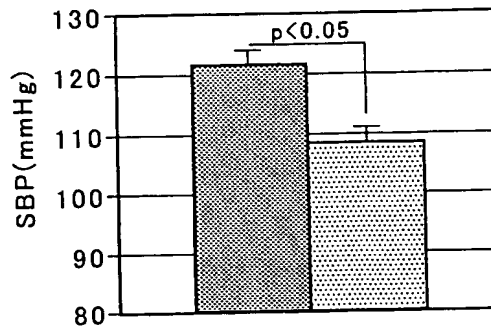


Fig. 5D

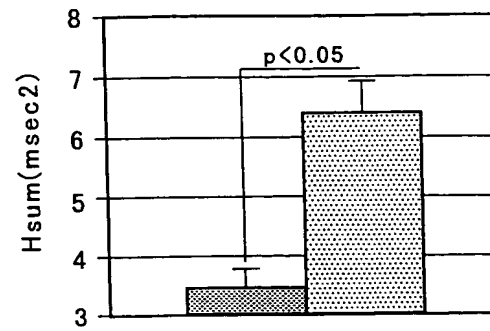


Fig. 5B

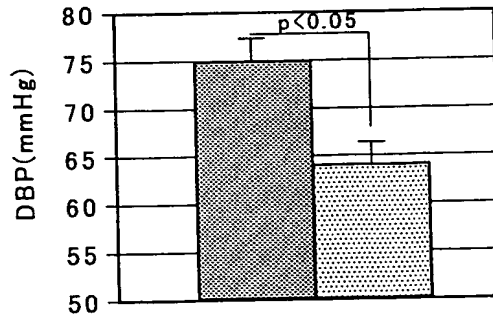


Fig. 5E

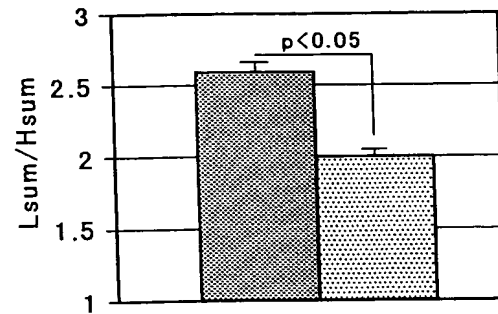


Fig. 5C

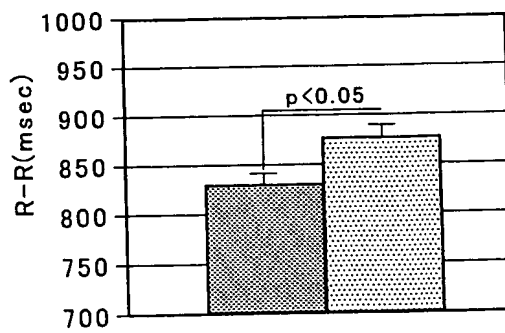
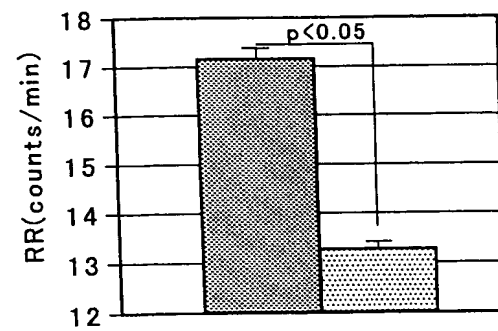
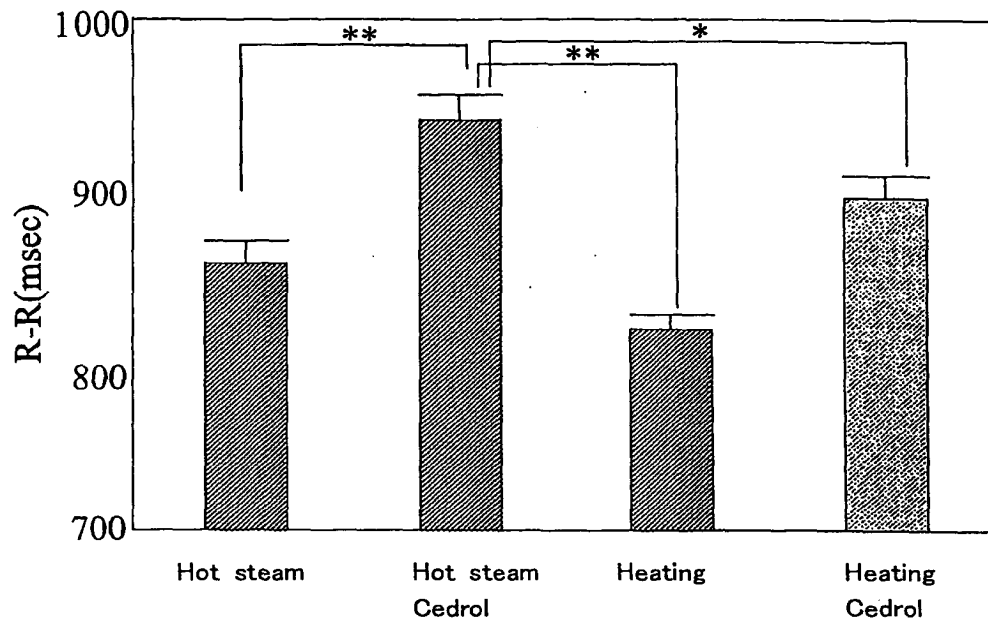


Fig. 5F



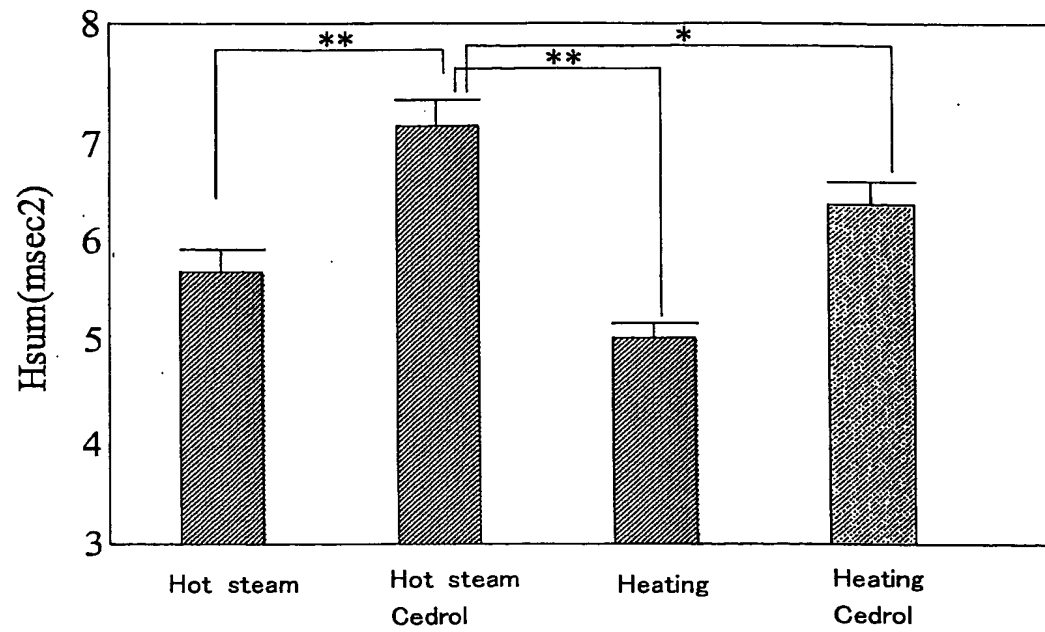
Before massaging
4 weeks after the beginning of massaging

Fig. 6



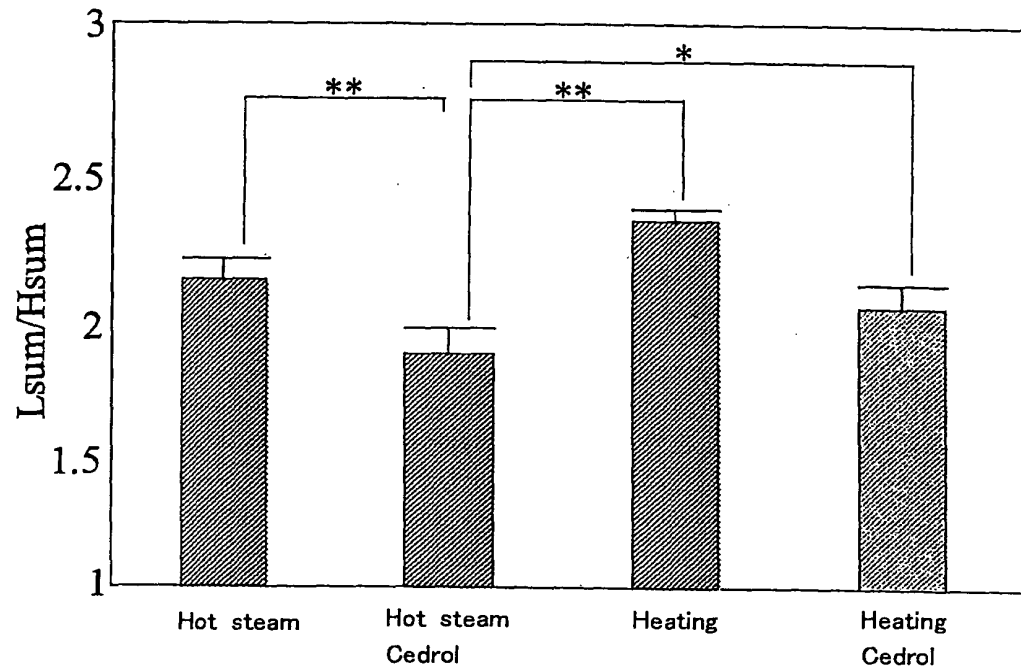
*:p<0.05 **:p<0.01

Fig. 7



*:p<0.05 **:p<0.01

Fig. 8



*: $p < 0.05$ **: $p < 0.01$

Fig. 9A

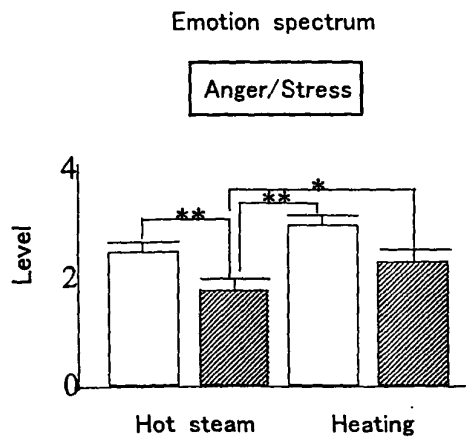


Fig. 9B

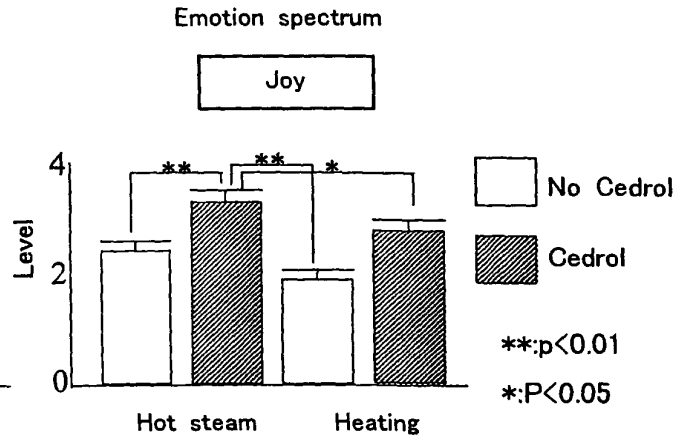


Fig. 9C

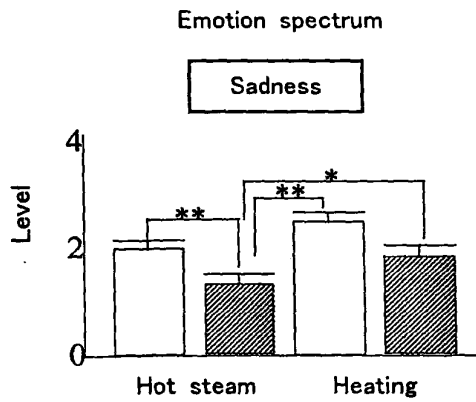


Fig. 9D

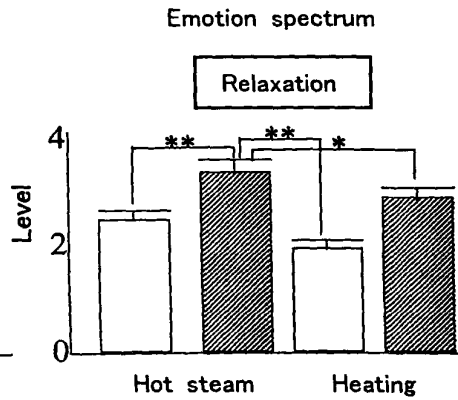
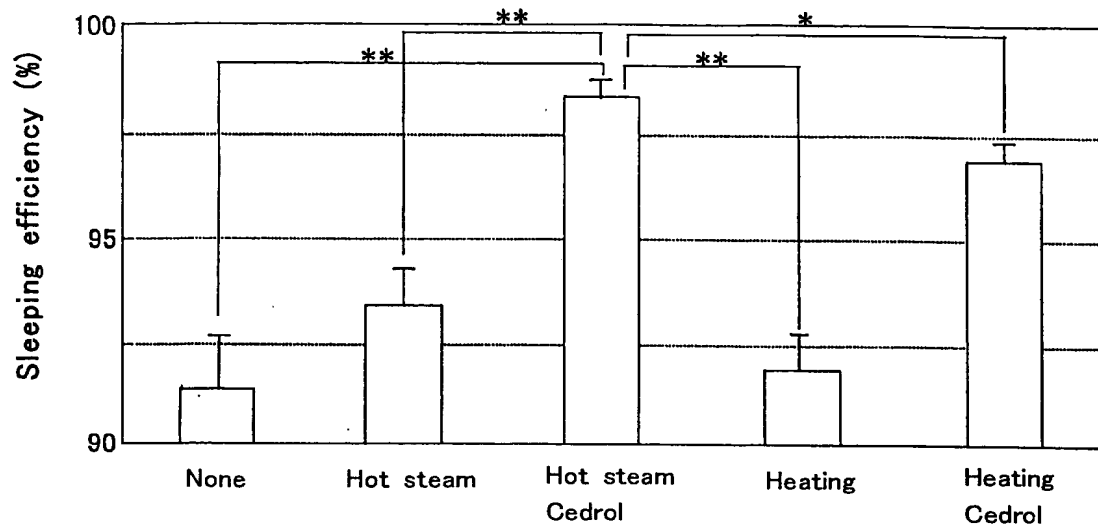


Fig. 10



**: $p < 0.01$

*: $p < 0.05$

Fig. 11

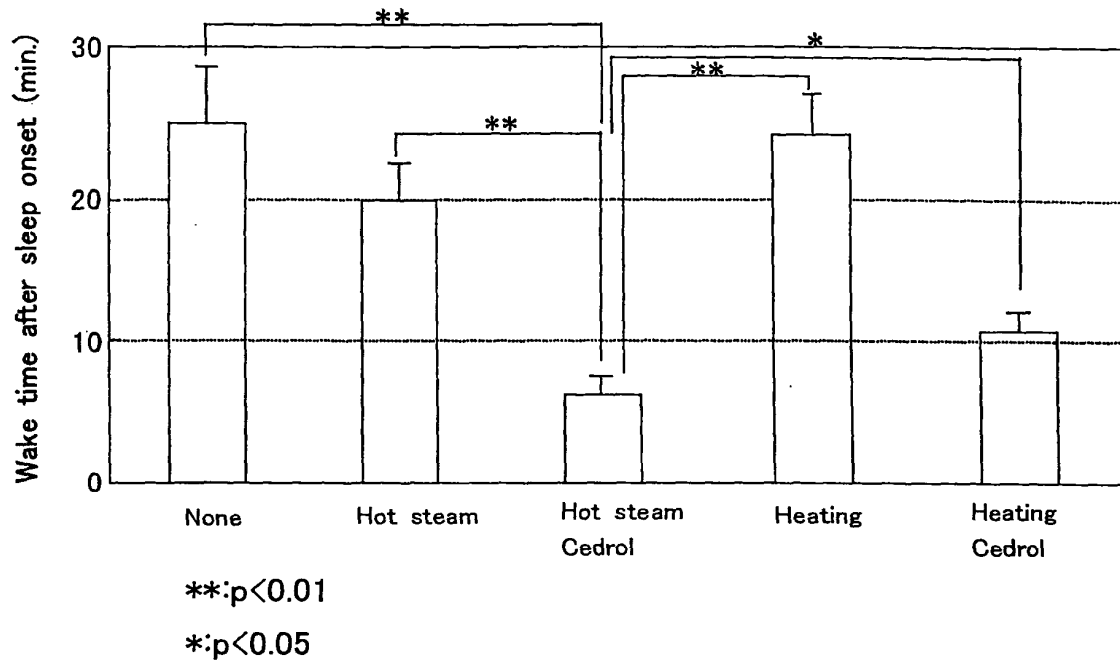
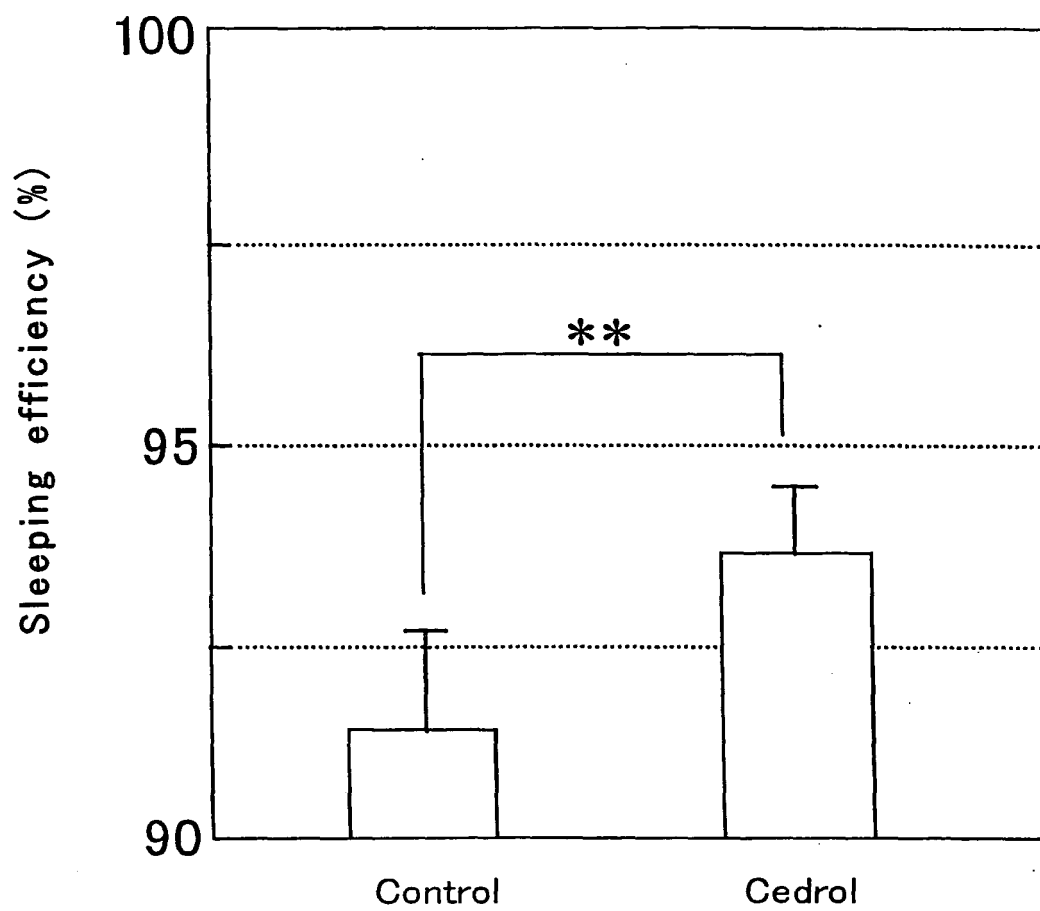
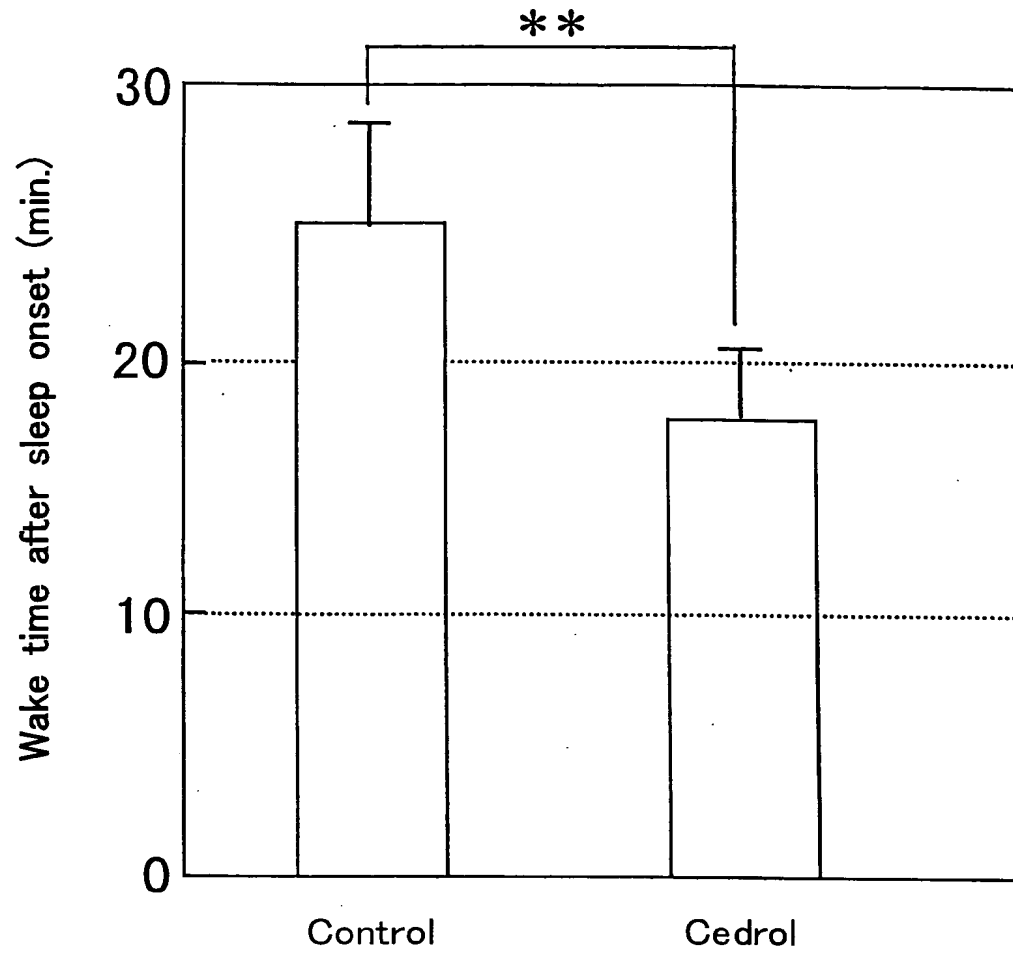


Fig. 12



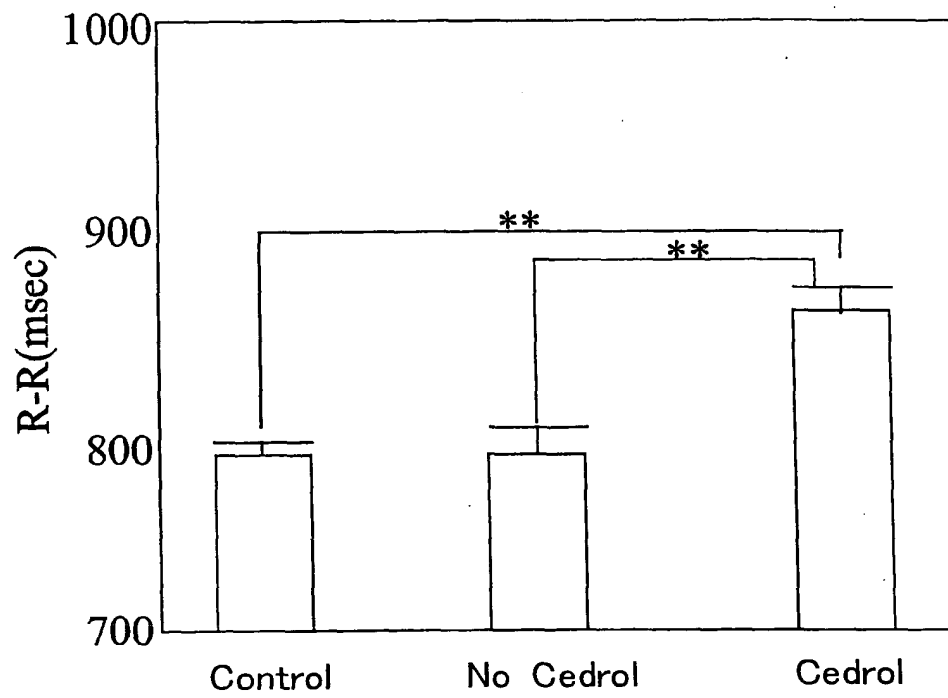
**: $p < 0.01$

Fig. 13



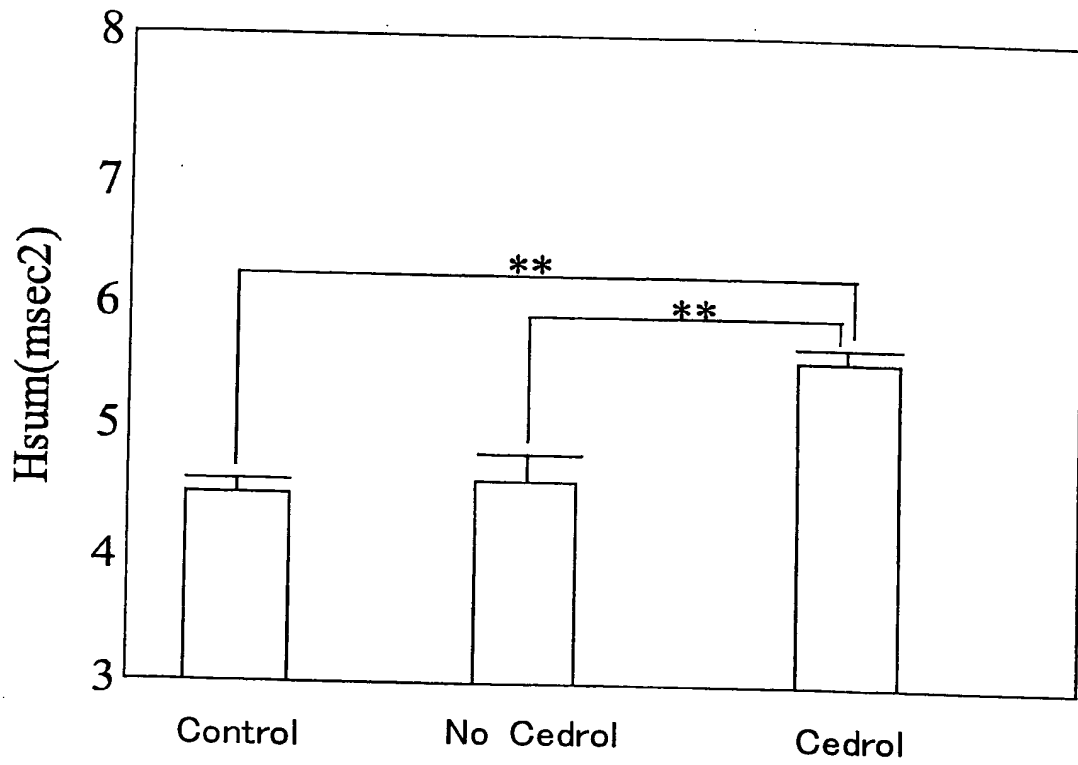
**: $p < 0.01$

Fig. 14



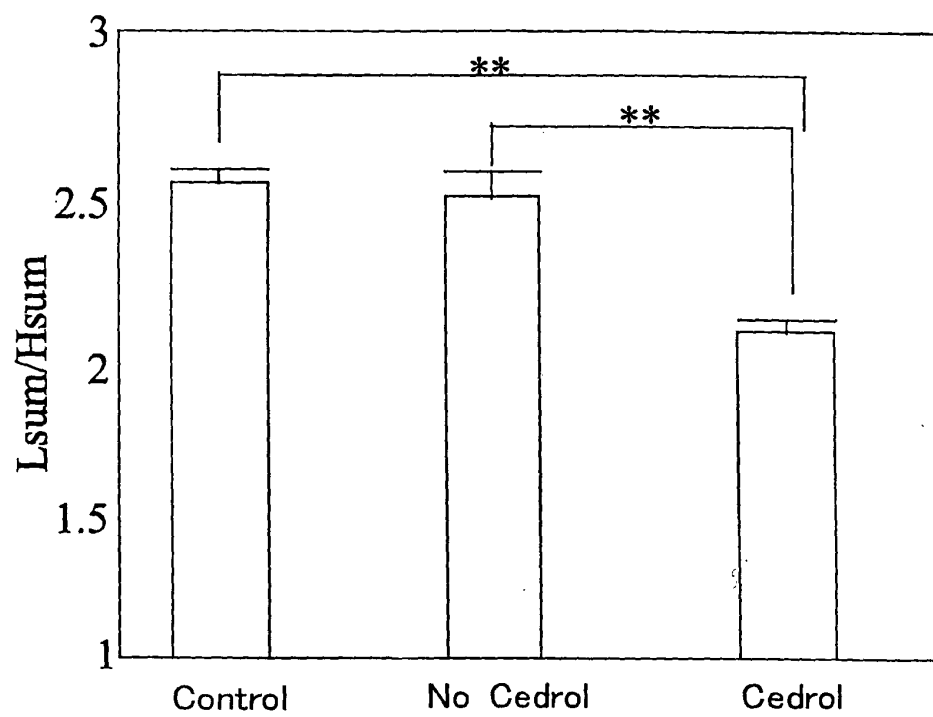
**: $p < 0.01$

Fig. 15



**: $p < 0.01$

Fig. 16



**: $p < 0.01$

Fig. 17A

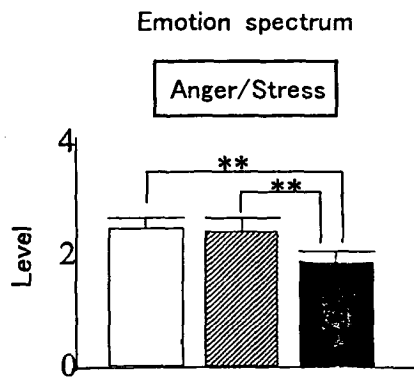


Fig. 17B

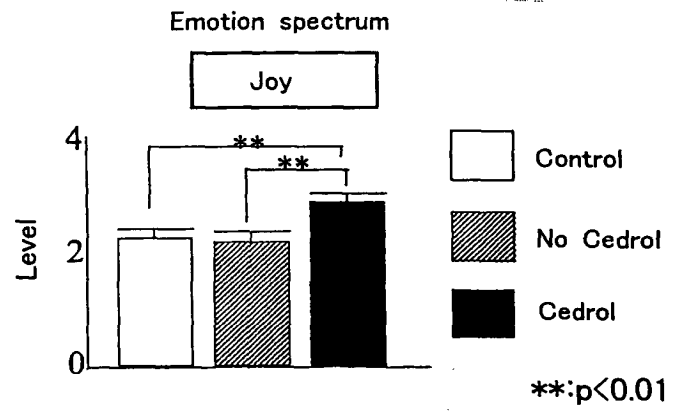


Fig. 17C

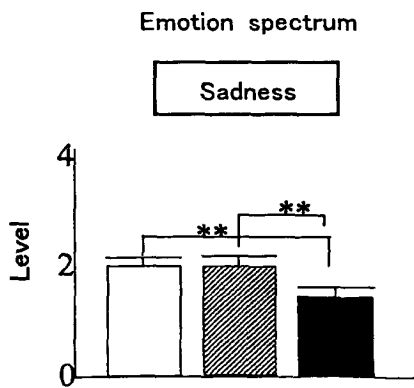


Fig. 17D

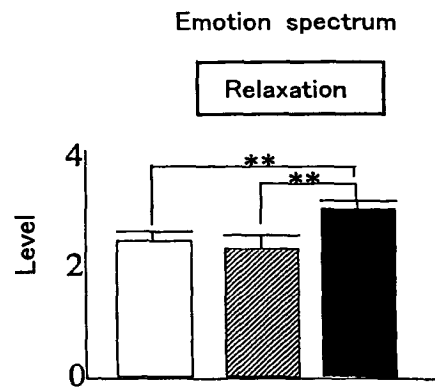


Fig. 18

<Vapor Pressure of Cedrol vs. Temperature>

Temp.(°C)	Vapor Pressure (mmHg)	Vapor density (ideal gas)	Measuring method
22	1.50E-04	1.81ppb	Gas flow method
50	5.10E-03	56.2ppb	Gas flow method
75	7.60E-02	0.777ppm	Gas flow method
100	7.00E-01	6.68ppm	Static method
125	4.05	36.2ppm	Static method

Fig. 19

